

PSHE Whole School Curriculum Overview

This programme takes a thematic approach to primary PSHE education, covering all three core themes of the Programme of Study (Health and Wellbeing; Relationships; and Living in the Wider World) over the school year, with three topics per term. This approach allows different year groups to work on similar themes at the same time, building a spiral programme year on year.

	Year Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Relationships	Form positive attachments to adults and friendships with peers Show sensitivity to their own and to others' needs Work and play cooperatively and take turns with others	Families and Friendships Roles of different people: families: feeling cared for Safe Relationships Recognising privacy; staying safe; seeking permission	Families and Friendships Making friends; feeling lonely; getting help Safe Relationships Managing secrets; resisting pressure; recognising hurtful behaviour	Families and Friendships What makes a family; features of family life Safe Relationships Personal boundaries; impact of hurtful behaviour	Families and Friendships Positive friendships, including online Safe Relationships Responding to hurtful behaviour; confidentiality; online risks	Families and Friendships Managing friendships and peer influence Safe Relationships Physical contact and feeling safe	Families and Friendships Attraction to others; romantic relationships Safe Relationships Recognising and managing pressure; consent
Autumn 2 Relationships	Show an understanding of their own feelings and those of others To wait for what they want and control their immediate impulses when appropriate Give focused attention to what the teacher says Follow instructions involving several ideas or actions	Respecting Ourselves and others How behaviour affects others; being polite and respectful	Respecting Ourselves and others Recognising things in common and differences; working cooperatively	Respecting Ourselves and others Respectful behaviour; the importance of self respect	Respecting Ourselves and others Respecting differences; being sensitive to others	Respecting Ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination	Respecting Ourselves and others Expressing opinions and respecting others; discussing topical issues

	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge						
Spring 1 Living in the wider world	<p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>Know some similarities and differences between different religious and cultural communities in this country</p> <p>Know that information can be gathered from the internet</p>	<p>Belonging to a Community What rules are; caring for others' needs; looking after the environment</p> <p>Media Literacy and Digital Resilience Using the internet and digital devices; communicating online</p>	<p>Belonging to a Community Belonging to a group; roles and responsibilities; being the same and different</p> <p>Media Literacy and Digital Resilience The internet in everyday life</p>	<p>Belonging to a Community The value of rules and laws; rights, freedoms and responsibilities</p> <p>Media Literacy and Digital Resilience How the internet is used</p>	<p>Belonging to a Community What makes a community?</p> <p>Media Literacy and Digital Resilience How data is shared and used</p>	<p>Belonging to a Community Protecting the environment; showing compassion</p> <p>Media Literacy and Digital Resilience How information online is targeted; different media types</p>	<p>Belonging to a Community Valuing diversity; challenging discrimination and stereotypes</p> <p>Media Literacy and Digital Resilience Evaluating media resources; sharing online</p>
Spring 2 Living in the wider world	Talk about the lives of the people around them and their roles in society	<p>Money and Work Strengths and interests; jobs in the community</p>	<p>Money and Work What money is; needs and wants; looking after money</p>	<p>Money and Work Different jobs; job stereotypes; setting personal goals</p>	<p>Money and Work Making decisions about money; using and keeping money safe</p>	<p>Money and Work Identifying job interests and aspirations</p>	<p>Money and Work Influences and attitudes to money; financial risks</p>
Summer 1 Health and Wellbeing	<p>Begin to regulate their own behaviour</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet</p> <p>understanding the importance of healthy food choices</p>	<p>Physical Health and Mental Wellbeing Keeping healthy; food and exercise; hygiene routines; sun safety</p> <p>Growing and Changing What makes us special and unique; feelings; managing</p>	<p>Physical Health and Mental Wellbeing Sleep; medicines and keeping healthy</p> <p>Growing and Changing Growing older; naming body parts; moving class</p>	<p>Physical Health and Mental Wellbeing Health choices and habits; feelings</p> <p>Growing and Changing Personal strengths and achievements' managing setbacks</p>	<p>Physical Health and Mental Wellbeing Maintaining a balanced lifestyle; oral hygiene</p> <p>Growing and Changing Physical and emotional changes in puberty</p>	<p>Physical Health and Mental Wellbeing Healthy sleep habits; sun safety; medicines; vaccinations; allergies</p> <p>Growing and Changing Personal identity; mental well being</p>	<p>Physical Health and Mental Wellbeing What affects mental health and how to take care of it; loss and bereavement</p> <p>Growing and Changing Human reproduction and birth</p>

	Set and work towards simple goals	when things go wrong					
Summer 2 Health and Wellbeing	To know that some information is 'personal' <i>such as name, address & school</i> How rules help keep us safe Roles in the community	Keeping safe How rules and age restrictions help us; keeping safe online	Keeping safe Safety in different environments; emergencies	Keeping safe Risks and hazards in the local environment and unfamiliar places	Keeping safe Medicines and household products	Keeping safe Keeping safe in different situations; including responding to emergencies	Keeping safe Keeping personal information safe; drug use